

Jennie's Weekly Jots

8/28/2020

HIGHLIGHTS:

NEWS FROM WRAL:



Please visit this link and sign up to receive this information regularly. Liisa Ogburn, the Aging Well editor, will be including blogs regularly to tell our story and, more importantly, to reach out to those isolated and interested in our programming. There are additional tidbits and articles that you will enjoy and be valuable resources for each of us. I know you will find her articles informative and worthwhile. We want to thank WRAL and Liisa for their support and continued effort to reach out to inform our community. <https://www.wral.com/agingwell>

FEATURED

NEW PROGRAMS & FITNESS CLASSES:

Cooking Matters at Home Series: Sponsored by Inter-Faith Food Shuttle.

Teacher: Catherine Morba
Learn about cooking nutritious and budget friendly meals from the safety and comfort of home! Join Inter-Faith Food Shuttle for 3 weeks of Zoom classes focused on senior nutrition. Each class will be 45 minutes and include a recipe demonstration. Online registration required. Sign up by clicking the blue links provided.

Thursday September 3rd at 4PM "Great Grain Discoveries" or
<https://us02web.zoom.us/j/64810603060>

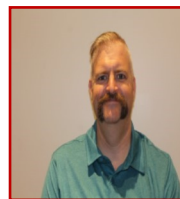
Thursday September 10th at 4PM "All Star Snacking" or
<https://us02web.zoom.us/j/64810603060>

Thursday September 17th at 4PM "Heart Healthy Meals" or
<https://us02web.zoom.us/j/64810603060>



Jennie Griggs
Program Director

I want to thank our senior center team for the relentless hours and dedication each continues to give during this time. In case you haven't met them I would like to begin the introductions this week with one of the program coordinators. Please reach out to them and give a round of applause because without them none of this would be possible.



Mike Hardee
Program Coordinator NWSC

Mike is responsible for North Wake Senior Center. His gifts are vast. Without him the virtual world we are offering would not be reality. He hosts the Live stream everyday and maintains our Facebook and YouTube pages. Besides being a jack of all trades, he is working diligently to position our ceramics and pottery programs. A long term employee of Resources for Seniors as Total Life Activity Director, he also works with the Fire Department, is an EMT and has a dog, Tank, whom we all love.

NEW PROGRAMS CONT:

COVID19 Virtual Discussion regarding Telehealth and Rapid testing by LoginClinics: September 2, at 10:00 am. Call 919-554-4111 register for the **Zoom** link.



Please Note: This educational program is being offered prior to the **Fund Raising Drive-through COVID-19 Rapid Testing at the North Wake Senior Center on the following dates and times** so that your questions may be answered regarding the testing and Login Clinics services.



The drive-through is for all ages! The senior center is managed by Resources for Seniors and will receive a **\$5 donation** from LoginClinics for every test given. It is our hope that we can offer the same program in Wendell; nevertheless, all are welcome to participate in this opportunity.

Test schedule:

Wednesday, September 9, 2020: 12:00pm to 4:00pm

Saturday, September 19, 2020: 9:00am to 2:00 pm

Monday, September 28, 2020: 12:00pm to 4:00pm

To Register do not call the center!

Call 919-679-1880 from 9am—5pm Monday through Friday for instructions, explanations, and drive through time. You may also seek further information online at admin@loginclinics.com.

There will be two types of test provided: Results provided in 20 minutes

Antigen Test : Show Active infection: Cost \$75

Antibody Test: Antibodies reflect recent or past infection Cost \$75

LoginClinics will determine at time of registration if you need one or both tests. For more information you may visit:

<https://link.edgepilot.com/s/b13a49d8/9iYwOAgSROKiVO0XkKDs4A?u=https://www.loginclinics.com/contents/about-nav/current-events>

\$75 per test. We will determine if they need one or both.

Cash, not billable to insurance through LICs.

*“LoginClinics is looking for a way to serve the Wake Forest community by offering their rapid COVID antibody and antigen tests. These tests provide COVID status results in **20 minutes**; both showing an active or past infection from the virus.*

Founding member of LoginClinics, Jaclyn Qualter, NP, A-CTTP, is a board-certified nurse practitioner and telemedicine provider located in Wake Forest, North Carolina. She is founding member of LoginClinics, a woman-owned concierge and telemedicine practice in Wake Forest, North Carolina. Jaclyn founded LoginClinics in early 2019. LoginClinics started as solely a telemedicine practice but has grown into a practice that helps companies keep their employees safe (employee health services) and the people of Wake Forest and North Raleigh healthy and comfortable in their homes during the current COVID19 crisis.”

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NEW PROGRAMS CONT:

Two Virtual Book Club Opportunities:

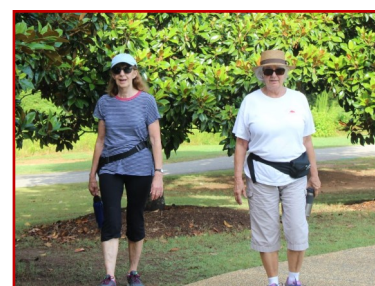
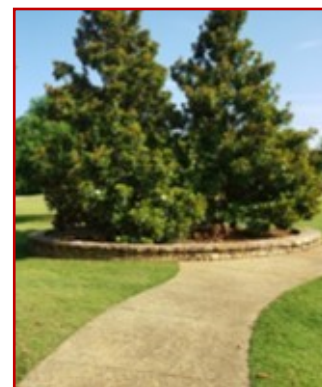
#1 Sponsored by Brookdale Senior Living: Connect with others to enjoy a glass of wine and a good book by joining our virtual Wine and Book Club. Bring your curiosity and discussion topics to share with others as you sip wine and join the conversation. Club begins Monday September 28th from 7-8pm.. It will be a Zoom link. Call your senior center between August 26th and September 18th to register and order your complimentary book provided by **Brookdale Senior Living**. The book is "The Nightingale by Kristin Hannah." Limited books available.

#2 EWSC & NWSC Book Club: Join the first session on September 3rd at 2pm to discuss our first book selection through Wake County Library. Books may be picked up at either senior Center. We will meet every two weeks on the zoom platform. Please call EWSC 919-365-4248 to register.

Walk with Ease: Offered by Resources for Seniors Northern and Eastern Wake Senior Centers

We understand that there may be several questions regarding the Walk with Ease Program. The program is Evidence-Based approved by the Arthritis Foundation. It is a course developed to help you the PARTICIPANT become a knowledgeable, confident arthritis self-manager, assisting and encouraging you to take action to ease your symptoms and maintain your overall fitness and quality of life. Its objective is to reduce your arthritis pain through walking and to receive health benefits such a program can provide.

Resources for Seniors will be offering the class at two Senior Center locations. The course is going to be held both live and virtual, depending on which site you are taking the program. Each lesson includes discussion and education, stretching, walking, cool down, and socialization regardless of which version that you take. The class is developed for each individual to "do at their own pace." Initially, you may walk for 10 minutes. The goal is to walk up to 30 minutes, so the class's total time may vary. Since the course is an Evidence-Based program, there must be compliance in attendance for us to get the funding to provide this program. If you feel that you will miss more than two classes, please do not sign up. The maximum number of participants for each class is 15 people. The course will last six weeks (not including the introduction). There will be a total of 18 lessons. Each class will take place on Mondays, Wednesdays, and Fridays. Time will depend on location of class. Call appropriate center to register.



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NEW FITNESS CLASS: CARDIO, SHAPE, TONE AND SCULPT:

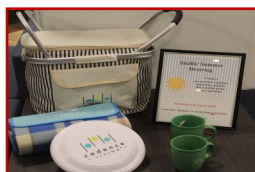
A 45 Minute weekly program beginning Thursday September 17th. 10—10:45am. Taught by Linda Thomas. Use the light weights you have at home or be creative with water bottles. This class will complete your weekly workout. Register at 919-554-4111 for your waiver and receive the class link.

FEATURED FUNDRAISERS:

Heritage Audiology Ear Wax Removal

Special rate for our members **ends August 31, 2020**. Half of proceeds donated to center.

Don't Forget the Sizzlin' Summer Drawing: \$1.00 a ticket or \$3.00 for 5 tickets
Drawing September 8, 2020.



FREE TAKE-HOME WELLNESS KITS:

The Town of Wake Forest Parks and Recreation Department is partnering with the Senior Center to offer take-home wellness kits to individuals with disabilities in the community and our population. This initial kit is free and will include a variety of wellness related items donated by **Brookdale Senior Living W.F., Duke HomeCare & Hospice, Heartland Hospice, Emerge Ortho, Lynroy Thomas, Aetna, Schaefer Business Associates, Parks and Rec., and Resources for Seniors**. Each kit includes supplies for one. There are a limited number of kits. If you would like a kit for more than one person in your household, please register for each individual. Register with Parks & Rec (RecDesk program see below)

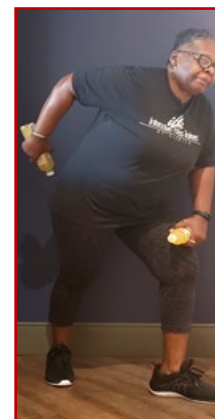
Kits will be available for no contact pick-up. At pickup, please remain in your vehicle. A staff member will bring your kit to you.

Pickup Date and Time: Wednesday September 9th from 1-4PM at the Northern Wake Senior Center (235 E Holding Ave).

[Registration Link](#)

Link to Help page with details on how to set up a RecDesk Account if you do not already have one. If anyone is having issues getting their RecDesk account set up, they can call 919-435-9560 for help

[Link to Set Up RecDesk Account](#)



Each Wellness Kit Includes:

- Activity book and markers
- Hand sanitizer, chap stick, lotion, compact mirror
- Resources for Seniors Directory of Resources
- Bag of chips and more!

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VIRTUAL FITNESS CLASSES CONT:

MARTY's SEATED Yoga Class: Mondays at 3:30pm. The class will be a 45 minute seated yoga class. **Call the NWSC 919-554-4111 for a waiver that must be signed prior to participating.** After receipt of the waiver we will provide you the link. Class size is limited.

Line Dance with Ronnie: Every Thursday at 11am Space still available. **Call NWSC 919-554-4111 for signup, waiver and link to virtual program.**

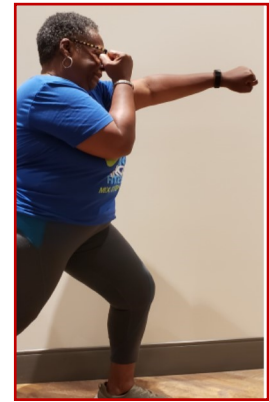
Beginners KNOCK-OUT with Linda:

This class is easy to follow, no equipment needed! Enjoy basic boxing moves put together to form a fun cardio burning exercise workout. This class is modified for our active adult community. (especially you guys!) **9am Tues & Thurs. Call Northern Wake Senior Center 919-554-4111 for signup, waiver and link to virtual program.**



VIRTUAL CLASSES:

Genealogy: Every other Monday at 2pm: (August 31) New members welcome, call in to register for link to zoom. Led by Mike Hardee.



VIRTUAL PROGRAM OPPORTUNITIES:

Bereavement Virtual Support Group conference call led by Kristin Lassiter of Heartland Hospice 2nd and 4th Thursday of every month at 1:00pm. Contact Kristin Lassiter of Heartland Hospice to register. kristin.lassiter@hcr-manorcare.com, 919-877-9959.

Stepping Out Strong: A **Free** virtual presentation by American Bone Health on bone health and tips for fall prevention along with simple exercises focused on strength and balance.

Date and Time: September 9th from 11AM-12PM

[Click Here to Register](#)

Caregiver Support Group: 1st and 3rd Thursday of every month from 1-2 pm Sponsored by Heartland Hospice and Resources for Seniors. Contact Heather Arcuri at 919-462-3983 or carysc@rfsnc.org for more info. Or Heartland Hospice at 919-877-9959.

Outdoor Caregivers Support Group at Smith Creek Soccer Park, 690 Heritage Lake Rd, Wake Forest. 2nd Wednesday of every month at 10 AM. Contact Kristin Lassiter of Heartland Hospice to register. kristin.lassiter@hcr-manorcare.com, 919-877-9959.



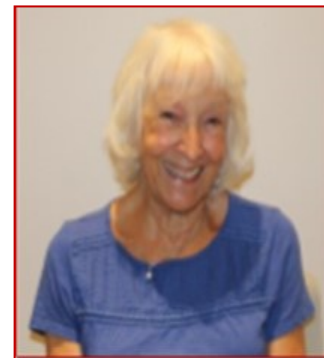
FEATURED PROGRAMS:

U.S. Congress: The Legislative Branch of the United States Government via Zoom platform, taught by RoseMarie Betuker. She has a B.S. Degree in Social Studies Education and a M.S. in Political Science.

This class will concentrate of the Constitutional background of Congress, its traditions, organization, and daily operation. The class will emphasize the importance of the current election, issues and future of policy and legislation. Class size is limited. 4 Sessions from 10-11:30AM on Fridays

Dates: September 4th, 11th, 18th and 25th

To register call 919-554-4111 for the ZOOM link.



Hospice vs. Palliative Care Information:

Teacher: Annie Rankin RN; Wednesday, September 2nd at 1PM

Learn the differences between palliative care and hospice, and how to get these services if you need them. Question and answer session with a nurse on these topics and anything else participants may want to ask. Call the **EWSC (919-365-4248)** to register and receive the zoom link.



Powerful and Fun You Don't Want to Miss:

Name That Tune: Sponsored by 

Every other Tuesday from 1:30-3:00pm

Programs Scheduled for September: 9/1, 9/15, and 9/29

Join Cynthia Halstead, Aetna Community Lead Generator, and Donna Flowers for **Music, Fun and Prizes**. The event will be music genre from the 60s. Call 919-554-4111 to register and receive the zoom link. You won't want to miss this one! *Participating in this program was the first time I have been happy since COVID started!* Brookdale Senior Living testimonial.



Music Therapy with Jacqueline Gray: September 11th at 1PM. Learn about Music Therapy and the benefits it provides. Sing along or listen to variety of popular songs ranging from the classical era to today. Jacqueline will also play a variety of instruments, ranging from keyboard to guitar. Call the **EWSC (919-365-4248)** to register and receive the zoom link.

VIRTUAL FITNESS CLASSES:

Yoga: Laura Wilson's weekly Yoga class is back! The class will be on MWF at 8:30 am. **Call the NWSC 919-554-4111 for a waiver that must be signed prior to participating.** After receipt of the waiver we will provide you the link. Class size is limited.

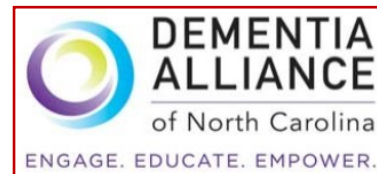


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VIRTUAL PROGRAM OPPORTUNITIES CONT:

Alzheimer's and other Dementias Caregivers support group: September 17th at 10-11:30 AM: Meetings will be held the 3rd Thursday of every month at 10am via Zoom. Facilitated by DeeDee Harris of Dementia Alliance of NC. For more info email dharris@dementianc.org.



Parkinson's Support Group Meeting—Recognizing Off Periods in Parkinson's. Time: Sep 2nd, 2020 at 1:00 PM Eastern Time (US and Canada) Join Zoom Meeting. Meeting ID: 892 1341 7980 . Passcode: 553745 (*You **DO** need to pre-register for this event.) To get the Zoom link, go to: https://www.learninbrija.com/register?event_id=2020-ACO-US-SB-0005932#RegisterForm



Normal vs. Not Normal Aging: September 23rd at 11 AM. This is a 45 minute seminar and then Q & A. You don't want to miss this educational webinar involving Melanie Bunn from Teepa Snow's Positive Approach Team and the Dementia Alliance of NC. This is sponsored by Aware Senior Care and our own Resources for seniors. To register go to:



<https://us02web.zoom.us/meeting/register/tZlvc--vpjwpGdxGOQ2II7KQHz1wXjN9GzkZ>

National Fall Prevention Week:

Sneak Preview of a few Guest Speakers



Lauren Costello



S. Scott Smith



Brad Ross

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National Fall Prevention Awareness Week Cont:

TAKE STEPS WITH US: To Prevent Falls

Mark your calendars for the following September 21st-25th



	Monday Sept. 21, 2020	Tuesday Sept 22, 2020	Wednesday Sept 23, 2020	Thursday Sept 24, 2020	Friday Sept 25, 2020
10-11am	Introduction Falls Prevention Week Presentation : Jennie Griggs, MA Aging Studies Falls Free Self Check-up				
11-12am	Introduction to Tai Chi for Arthritis North Caro- lina Center for Health and Wellness Pre- registration required) https:// healthyagingnc.com/ registration-form				
1-2pm	Virtual Tour of Home in our area Universally designed. Narrated by Stephanie Kaeberlein, Matchline Interiors	Introductions to Line Dance, Zumba and Barre, and how they play a role in balance and fall prevention	PIVOT PT	The role Eyes and Ears Play in Fall Pre- vention	Falls & Brain Injury presented by Lauren Castello, MS, CRC, CBIST Brain Injury Association of NC
2-3pm	Introduction to Walk with Ease, Rosetta Mock The importance of ap- propriate footwear, Ellie Penner, Pedorthist	How to find a home to Age in Place and the home modifica- tions that may be necessary. Presented by Deb McCutcheon OT and Realtor, SRES and Scott Smith	AL Devices for Fall Prevention Present- ed by Brad Ross The role Meds play	Evidence Based Fall Prevention Pro- grams and roles they play in Fall pre- vention: GeriFit, Matter of Balance, Fit and Strong	Testimonials Inter- generational Com- munities Advocacy & Closing Remarks

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DID YOU KNOW:

Box Fans: There are free fans for those who qualify. Recipients need to be 60 or older and there is a limit of one fan every other year. Call Resources for Seniors Intake at 919-713-1556 to make the request and there is a quick request form to sign when you pick up the fan.



There is legal aid assistance: Call Legal Aid of NC for assistance with Elder law documents. Harry Langley at 1-866-219-5262 and reference the Northern or Eastern Wake Senior Centers.



Memory Screening by ComForCare Home Care:

Memory screenings are simple, quick and noninvasive, and consist of a series of questions to gauge memory, language, thinking skills and other intellectual functions. The memory screening takes approximately 10-15 minutes and is confidential. Memory screenings are an important part of health.

Results are not a diagnosis, but a memory screening can suggest if someone should see a physician for a full evaluation.

Call (704) 491-1090 or email Nicole@comforcare.com today to see how ComForCare Home Care can help you Live Your Best Life Possible.



Virtual Store: Are you a crafter, potter, or seamstress? Do you have a special item that you make and would be willing to donate to our virtual store to raise money for the centers? These items may be ones that you would normally make for our Craft Sales. Due to COVID19 we want to offer them on our Facebook store in case we are unable to hold the craft fair. Please call the center if interested.

Just a few of the items available for sale.



JUST A REMINDER:

Follow us daily on Facebook: New posts and live-streams Monday-Friday: www.facebook.com/NWSCenter.

Watch Northern and Eastern Wake's

We have over 50 videos available for you.

www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw

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NEXT WEEK AT A GLANCE:

Monday Aug 31	Tuesday Sept 1	Wednesday Sept 2	Thursday Sept 3	Friday Sept 4
8:30 Yoga with Laura	8:30 Tai Chi (Full)	8:30 Yoga with Laura	8:30 Tai Chi (Full)	8:30 Yoga with Laura
9:00 Walk With Ease EW (Virtual)	9:00 Beginners Knock-out	9:00 Walk with Ease (EW) Virtual	9:00 Beginners Knock-out	9:00 Walk with Ease (EW)Virtual
	9:30 Water Color			10:00—11:30 U.S. Constitution
		10:00am Virtual Discus- sion		
10:00 Aerobics (Full)	10:30 Acting your Age	10:00 Aerobics (Full)		10:00 Aerobics (Full)
11:00 Drawing Class		11:00 Liberate your Laughter	11:00 Line Dancing with Ronnie (Virtual)	
11:30 Zumba Gold		11:30 Zumba Gold		11:30 Zumba Gold
	12:30 Name that Tune			
2:00 Genealogy	1:00—3:00 Acryl- ics 1:30—3:00 Name that Tune	1:00 Hospice vs Pallia- tive Care 1:00 Parkinson's Group Meeting	1:00 Need to Know	1-3 Parkinson's Support Group Ra- leigh SC
			1:00 Caregiver Sup- port Group	
	2:30—4:00 Power- ful Tools for Care- givers		3:15 What's for Din- ner?	
3:30 Chair Aerobics 3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream

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